

# Directions for the HealthQuest Profile (HQP)

Begin by logging on to [www.healthplus.org](http://www.healthplus.org); the HealthPlus home page.

## STEP 1:

- Click on "My HealthQuest" on the left hand side of the page.



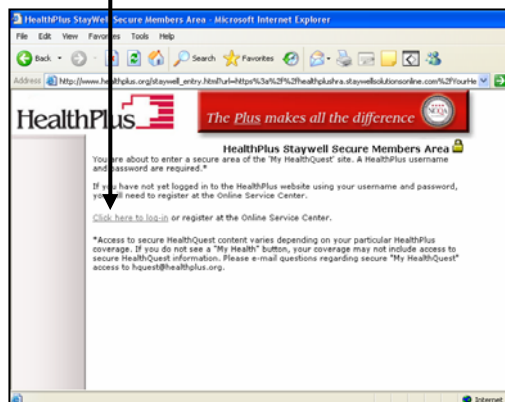
## STEP 2:

- Click on "My Health" on the left hand side of the page.



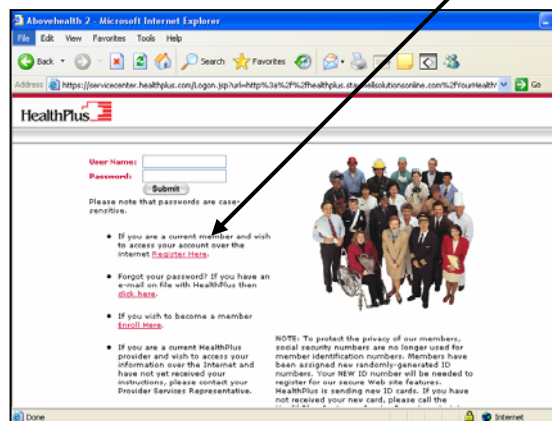
## STEP 3:

- Click on "Click here to log-in".

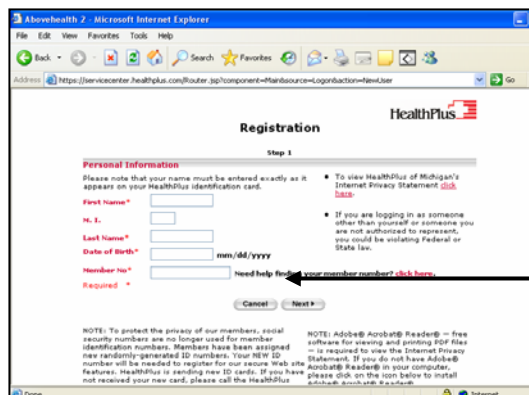


## STEP 4:

- If you have registered on the HealthPlus website in the past, enter your User Name and Password.
- If you have never registered on the HealthPlus website, click "Register Here".



## STEP 5:

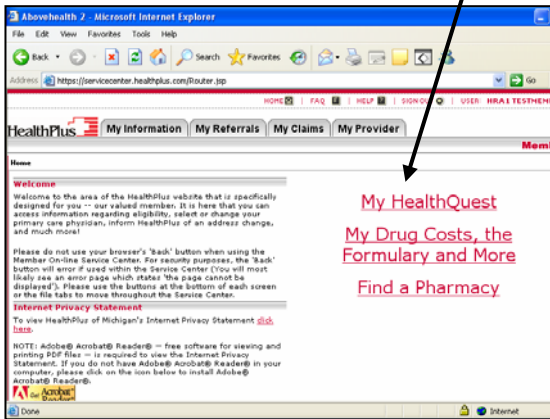


To register on the HealthPlus website:

- Enter all the requested information as it appears on your HealthPlus member card.
- Your Member Number should be 11 characters long, starting with an H and ending with your suffix, 01, 02, etc.

## STEP 6:

- Once logged in, click on “My HealthQuest” on the right side of the page.
- Read the terms and conditions and click “Agree” to proceed.



## STEP 7:

- Choose “HealthQuest Profile”.



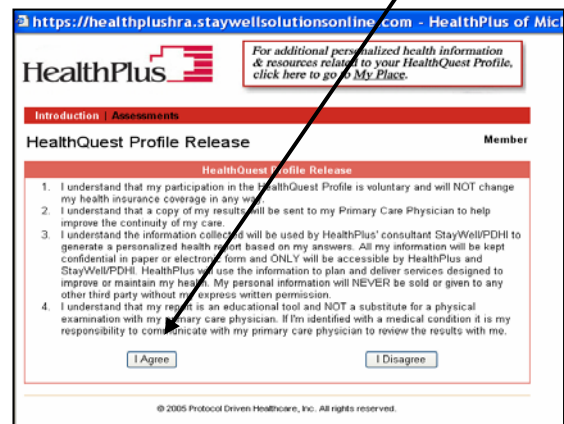
## STEP 8:

- Click “Start a New Assessment” to begin.



## STEP 9:

- Read the HealthQuest Profile Release.
- Click “I Agree” to proceed.



## STEP 10:

Begin your Health Quest Profile!

- Once you are finished, be sure to Lock your profile when prompted.
- For additional information and resources, click the button at the top of the page to be routed to your personal wellness web page, called My Place.

